



# The Arlington Advocate

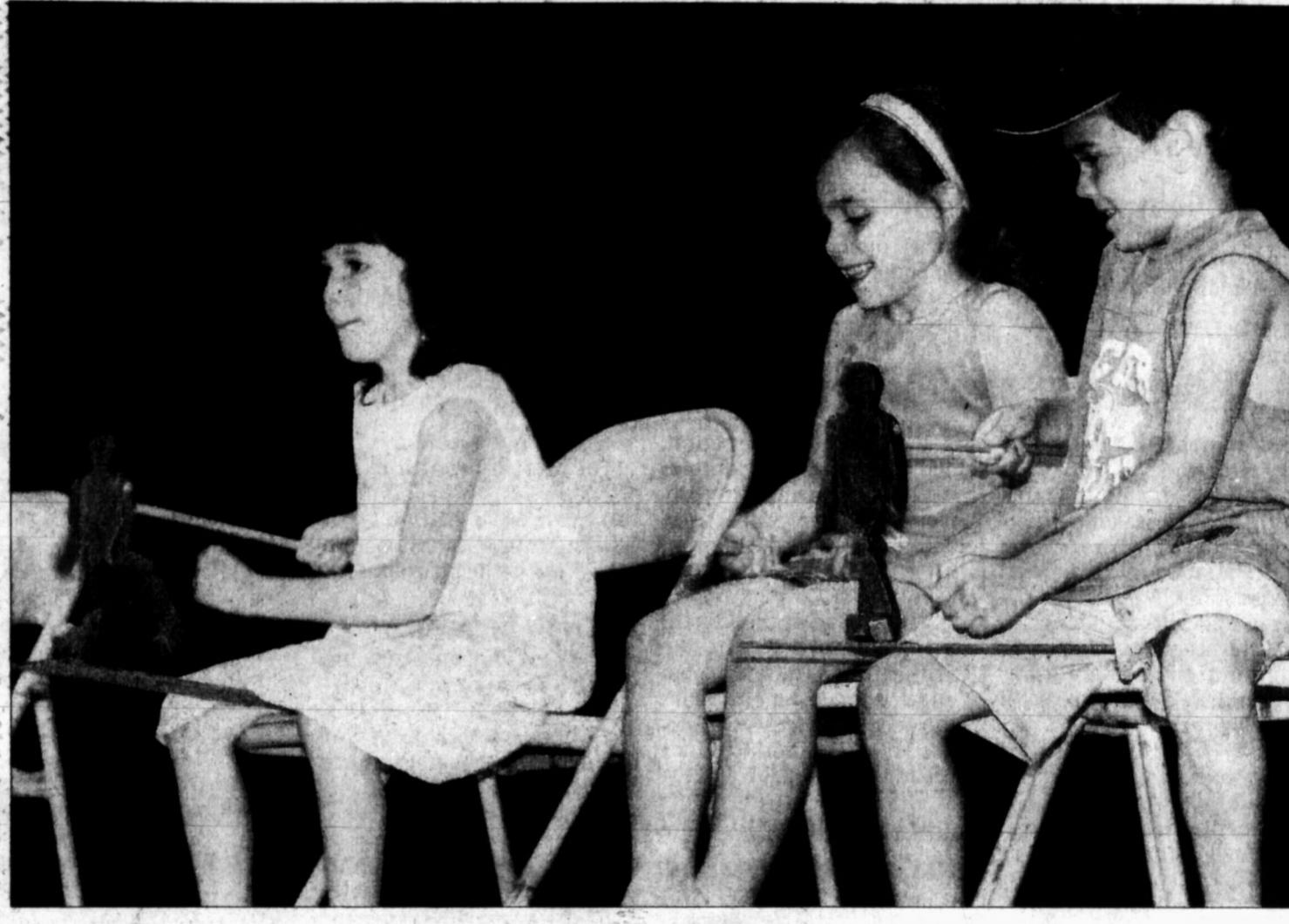
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52 PAGES • 3 SECTIONS

## PLAY SPACE



Renee Hamblin, 6, Emily Linkos, 6, and little brother Steven Linkos, 5, take part in last week's performance by Tom Callinan and Don Sini at Arlington High. The performance was part of the Children's Summer Reading Program.

## MWRA raises rates by 4.5 %

BY ROBERTO SCALESE  
STAFF WRITER

The costs runneth over. Arlington residents can expect to pay more for water and sewer use in the upcoming year. The average water bill is going up 3.9 percent for communities associated with the Massachusetts Water Resources Authority. Communities that use both water and sewer through the agency are facing an overall 4.2 percent increase in assessment. Arlington's share increased by 4.5 percent, from \$8.03 million in fiscal 2003 to \$8.4 million in fiscal 2004.

According to Town Manager Nancy Galkowski, the town will examine its current rates and determine whether they are appropriate for the work that needs to be done for the water and sewer systems. Each town sets its own water rates based on its needs. According to Galkowski, Arlington's rate has not increased in several years.

"One of the things we will

have to do is look at our water and sewer enterprise funds," said Galkowski.

Arlington's water and sewer billing is somewhat unique in the area. Instead of assigning the entire assessment through water bills, the town takes any debt service assessment and applies it to the property tax bill. This allows residents to deduct that cost from their federal tax returns. Actual water use is levied through the water bill.

"We are only allowed to put the debt service on the tax bill by law," said Galkowski.

Selectman Charles Lyons said the increased assessment is not unexpected because the state has stopped budgeting to cover debt service incurred by the MWRA.

"A portion of this increase will be for debt service, which the state is no longer funding at the same level," said Lyons.

According to the MWRA Web site, debt service covers about 58 percent of the total assessment. It was not clear as

■ SEE WATER, PAGE 11

## Caught off guard by governor

### • Romney uses House, not Senate numbers

BY ROBERTO SCALESE  
STAFF WRITER

Charles Lyons has broken a promise he made several times. He is not turning over his house to the town of Arlington.

The selectman chairman told the Budget Revenue Task Force and Town Meeting on separate evenings that he would bet his house on the state using the larger aid figures offered by the Senate. The Senate numbers offered Arlington \$260,000 more than the House numbers.

"They've always used the Senate numbers," said Lyons. "When it rains it pours."

The difference is \$270,000, which must now be covered through the budgeting process. That \$270,000 was part of the now-famous \$1 million "found" by the town.

Now that final aid numbers have come out, and the school aid figures reflect the House's lower estimate, Lyons seemingly owes the town a house.

When asked about the bet, Lyons

laughed.

"I don't think the house is worth that much," he said.

Lyons said he was extremely confident that the better Senate numbers would prevail because the state budget generally uses Senate numbers for education. Losing out on the school aid figures is part of what Lyons calls a devolution of state responsibility to local governments.

"The state's budget is up by half a billion dollars, but local aid is down \$408 million," said Lyons. "We have got to have a discussion about what's going on here."

The news from the state gets worse. Gov. Mitt Romney vetoed \$23 million in Additional Assistance to communities on Monday. That cut means Arlington will take home \$273,000 less than expected if the veto stands. The House and Senate plan votes on all gubernatorial vetoes by next week.

The Board of Selectmen hosted Sen. Robert Havner, D-Arlington, and Reps.

■ SEE BUDGET, PAGE 10

### • Aid won't see light of day

Brother, can you spare a couple hundred million?

The federal government dispersed \$20 billion in aid to the states as part of the recent tax bill. Massachusetts received \$550 million of that money. House and Senate leadership will pay for Medicaid costs with some of that money, which is required by the federal government. The rest is earmarked for economic relief and stimulus, but state leaders announced they would put that money in the bank instead.

That has Selectmen Charles Lyons incensed. Lyons, through the National League of Cities, directly lobbied for that relief aid, and is angry the state will not use it to help cities and towns.

"It's supposed to be used for

■ SEE FEDERAL, PAGE 10

## Board wants sewer system fixed

BY ROBERTO SCALESE  
STAFF WRITER

The Board of Selectmen took time Monday night to tweak a letter to the state.

The Executive Office of Environmental Affairs is reviewing a proposal by the city of Cambridge and the Massachusetts Water Resource Authority to fix a combined sewer system along Alewife Brook. The town commented on the original request, received its answers, and must now submit another letter asking for further clarification.

Cambridge runs an old combined sewer system, where pipes are used for both sewage and for storm water runoff. The runoff causes the system to exceed capacity during larger rain storms. To relieve pressure on the system, the pipes are connected to Combined Sewer Overflow pipes, which shoot the sewage out of the pipes and into the Alewife Reservation.

Residents in East Arlington have said the CSOs pump the sewage into their backyards when flood conditions arise. Children playing outside run the risk of

coming into contact with fecal-borne pathogens and disease from the sewage.

The city of Cambridge and the MWRA plan to cut down on CSO output by 84 percent with the planned work by system separation, leaching beds and other methods. The plan will not eliminate all of the CSOs in the Alewife area, however, because doing so would be cost prohibitive. According to Department of Public Works Director John Sanchez, a total CSO elimination would cost upwards of \$300 million. The current project will set Cambridge and the MWRA back about \$70 million.

"We are not saying they should spend all of that money now, but we are saying that's our goal and it should be their goal," said Selectman Kathleen Dias.

Selectman Diane Mahon said she was

pleased overall with the letter, but asked that the town be more forthright in asking for full closure of all the CSOs in the area.

"I was hoping there would be a little stronger language there," said Mahon.

Sanchez said that was not done during the original comment period, but he would be happy to beef up the request. He told the selectmen Cambridge and the MWRA will only fix what are forced to complete.

"They are going as far as DEP makes them," said Sanchez.

Selectman Jack Hurd said stating the town's priority for full capping of CSOs was important for the letter.

"I have said a number of times that we should set a goal," said Hurd.

Selectman Charles Lyons said he wanted all the CSOs capped but was

■ SEE SEWER, PAGE 10

CNC STAFF PHOTO BY MICHAEL MANNING  
The MBTA hosts a mock disaster drill at Alewife Station earlier this week.

## Mock MBTA drill

MBTA conducts terrorism drill at Alewife

BY RYAN KEARNEY  
CNC STAFF WRITER

The scene at the Alewife MBTA station Sunday morning was not pretty.

Four bodies, their faces white as paper, lay motionless near the turnstiles, and another four were sprawled out on the train platform. There were pools of vomit everywhere, including a trail up the stairs and out the exit, where two dozen or so contaminated commuters had been cordoned off.

Fortunately, these people

weren't really dead or contaminated, and the vomit wasn't really vomit — raisin oatmeal. It turns out — but this emergency drill conducted by the MBTA and local emergency personnel provided a frightening glimpse at what a chemical attack in the subway station could look like.

With the station closed off to real commuters — as opposed to the volunteer actors — officials began the early-morning drill in the same way a Hollywood director would begin shooting a

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Benefits

The Arlington Chamber of Commerce is now offering benefits to members.

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**townonline**  
BETTER CONNECTED COMMUNITIES

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**POLICE LOG**

The following are excerpts from the Arlington Police Department log. The log is available to the public.

**Monday, June 23**

- At 8:31 a.m., officers responded to reports of motor vehicle vandalism on Wilbur Avenue.
- At 10:30 a.m., a Bradley Road resident reported a theft.
- At 10:11 p.m. officers responded to reports of a stolen car on Oldham Road.

**Tuesday, June 24**

- At 10:07 a.m., officers responded to a larceny call on Maple Street.
- At 1:49 a.m., a Highland Avenue caller reported a case of credit card fraud.

**Wednesday, June 25**

- At 12:55 a.m., a car was reported stolen at the intersection of Gardner and Michael streets.
- At 2:27 p.m., officers responded to a reported assault on Claremont Avenue.
- At 3:48 p.m., officers responded to a theft on Massachusetts Avenue.
- At 7:58 p.m., officers responded to a breaking and entering call on Park Avenue.

**Thursday, June 26**

- At 12:30 p.m., officers responded to a larceny call on Charlton Street.
- At 11:33 p.m., a caller reported hearing a

loud noise in the Brooks Avenue and Chandler Street area.

**Friday, June 27**

- At 12:37 a.m., officers responded to a malicious destruction of property call on Drake Road.
- At 8:25 a.m., a Massachusetts Avenue caller reported someone had damaged his car.
- At 12:12 p.m. a Webconet Road caller reported someone robbed him by using false pretenses.
- At 3:08 p.m., officers responded to a larceny call on Oak Hill Drive.

**Saturday, June 28**

- At 5:15 a.m., a caller reported seeing a person leaving the scene of an accident on Newton Street.
- At 10:36 a.m. a Broadway caller reported her credit card was stolen.

**Sunday, June 29**

- At 11:10 a.m., a Paul Revere Road resident reported someone had damaged his car. The call was one of many from several Paul Revere Road residents concerning damage to their vehicles.
- At 4:39 p.m. a caller reported hearing a loud noise in the Melrose Street area.
- At 7:53 p.m., a Hathaway Circle resident reported receiving several annoying phone calls.

**Minute Men reminder of history**

When Menotomy was renamed West Cambridge and then Arlington in the 19th century, the town lost some of its colonial identity. The aim of the Menotomy Minute Men is to perpetuate the memory of the people and events in the village of Menotomy in 1775 that contributed to the beginnings of our nation.

Today, the Menotomy Minute Men are a familiar sight leading the Patriots Day parade down Massachusetts Avenue, opening Town Meeting, reenacting the battle of the Jason Russell House, and participating in Veterans Day and Memorial Day observances.

In fact, the activities of the Menotomy Minute Men are much more wide ranging. Members of the company regularly visit Arlington's classrooms, providing living history presentations for the students.

The company makes annual parade appearances at Lexington's Patriots Day Parade;

the Gaspee Days Parade in Warwick, R.I.; the Fourth of July Parade in Norwood; and the Halloween Parade in Woburn.

Each year, members of the company participate in re-enacting the Boston Tea Party and the Boston Massacre, and participate in the lantern service at Boston's Old North Church on Patriots Day Eve.

Recently, several of the members appeared on the Discovery Channel's production exploring what actually occurred at the Boston Massacre.

In addition to the parades and ceremonial functions, musicians in the company perform at colonial music musters throughout the year. The fifers and drummers perform annually at Deep River and Westbrook in Connecticut, the Sudbury Colonial Faire, and the Lexington Fife and Drum Tattoo.

Clearly, the activities of the Menotomy Minute Men extend far beyond the town of

Arlington. The members of the company spread the word of the historical significance of Menotomy in America's colonial history.

Currently, there are more than 100 members of the Menotomy Minute Men, locally and nationally. From Arlington to Myrtle Beach, S.C., College Station, Texas, and Phoenix, Ariz., members carry the name and message of Menotomy to their communities.

Membership in the Menotomy Minute Men is open to all interested in the preservation and presentation of colonial history. Families are a welcome part of the organization. Anyone interested in learning more about the company or wanting to become involved should visit the company's Web site at [www.menotomy.org](http://www.menotomy.org) or attend the monthly meeting, held the first Wednesday of each month (except July) at the Smith Museum, behind the Jason Russell House, at 7:30 p.m.

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the largest Making Strides walk in the nation.

Volunteers are needed at the five-mile Making Strides Against Breast Cancer walk along the Charles River on Sunday, Oct. 6. Lend a hand to work on logistics, or to help organize, greet, and cheer walkers. All funds raised are dedicated to the American Cancer Society's breast cancer research, education, advocacy, and patient service programs.

For more information or to register, call 1-877-338-WALK or email [strides.Boston@caner.org](mailto:strides.Boston@caner.org).

**Parental Stress Line**

Make a difference for the children and their parents.

Parents' and Children's Services needs volunteers as telephone counselors for the Parental Stress Line. A comprehensive training is given and volunteers can choose from a weekly three-and-a-half-hour shift, day or evening, weekday or weekends. Located by the Back Bay T stop.

For more information, call Claudia Euler 617-528-5800.

**VOLUNTEERS NEEDED****Council on Aging**

Volunteers are needed for the Arlington Council on Aging. Drive elders to their medical appointments, serve as a friendly companion visitor, phone isolated elders for some friendly conversation and more.

Call the Arlington Council on Aging 781-316-3400 for information.

**Germaine Lawrence Inc.**

Germaine Lawrence, Inc., seeks caring and nurturing volunteers to mentor adolescent girls, ages 11-19, served in its Arlington and Boston programs. Germaine Lawrence is dedicated to serving adolescent girls at risk from all over New England. Ninety percent of the student population served in its programs have been abused and are struggling to overcome the trauma and the resulting emotional and behavioral issues.

Volunteers are needed to serve as role models and men-

tors to students and help them feel re-connected to their community and less isolated during their time at Germaine Lawrence. As an Amiga, you will help students to develop interpersonal skills, self-esteem and self-confidence so that they can return to their communities and families as independent and successful young women.

Make a difference in a young woman's life today by becoming an "Amiga," Activity Leader or Dorm Resource. Please call Nancy Galindo at 781-648-6200 ext. 120 for more information.

**Winchester Hospital**

Winchester Hospital is looking for volunteers to participate in its new Elder Visitor Program. The program, which was launched in November, is designed to help make the stays of elderly patients a bit more comfortable.

The program volunteers help to break up the time for elderly patients who would otherwise have no visitors. Whether it's playing cards, sharing stories, or just engag-

ing in friendly conversation, elder program volunteers have the opportunity to truly have a positive impact on elderly patients in the hospital who may not have friends or family coming to visit them.

If you are interested in making a difference in the lives of elderly patients, please contact Winchester Hospital's Volunteer Services Department at 781-756-2628 for more information.

**Cambridge Family and Children's Service**

Cambridge Family and Children's Service (CFCS) is recruiting volunteers for its mentor programs, servicing children and families in our community.

Volunteer mentors are needed to spend time with either families currently living in shelters, children and families from the Kennedy School in East Cambridge or pregnant/parenting teens.

Volunteers commit to build a relationship with a family over the course of a year, and spend on average three to four hours

a week with the family.

For more information, call Sean Pelkey, mentor coordinator, at 617-876-4210 x.14 or fill out an application online at <http://www.helpfamilies.org>.

**Zoo New England**

Zoo New England is seeking volunteer education interpreters to help Stone Zoo guests interpret exhibits and to encourage them to think and learn about animals, habitats, and conservation.

Education interpreters answer questions, staff "education stations" and conduct tours. No experience is necessary — thorough training is provided. Four hours a week for six consecutive months is the minimum time commitment.

Many other volunteer opportunities exist at both Franklin Park and Stone Zoo. Visit [www.zoonewengland.com](http://www.zoonewengland.com) or call 781-438-9503 for more information.

**American Cancer Society**

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## WORSHIP DIRECTORY

**BAPTIST**

**First Baptist Church**, 819 Mass. Ave., 781-643-3024, fax 646-4882. The Rev. Dr. Jon Hevelone, pastor. Sunday: worship at 10 a.m.; Fellowship period, 11 a.m.; Sunday School 11:20 a.m. Nursery care available.

**Trinity Baptist**, 115 Mass. Ave., 781-643-4771, (church office, Wed.-Fri., 11 a.m. to 2 p.m.); e-mail: TrinityBapt@aol.com. Dr. Mikel E. Satcher, pastor. Sunday summer worship, 10 a.m.; Sunday School 11:10 a.m.; Coffee hour/Fellowship at 11:30 a.m. Nursery care available.

**CONGREGATIONAL**

**Park Avenue Congregational (UCC)**, Park Ave. & Wollaston Ave., 643-8680. The Rev. William A. Albright, Pastor. Sunday Worship at 10 a.m. followed immediately by Fellowship and Refreshment Hour. Infant and small child care available during Worship Service; Sunday School for children and teenagers through high school. Adult education at various locations on weekday evenings and after morning worship on Sundays. Phone church office for details. Tuesday: 1:15 p.m. weekly Bible study at Sunrise Assisted Living, 1395 Mass. Ave. Both sanctuary and the ground floor of the parish hall are handicap accessible. Web site: http://www.paccucc.org. E-mail: PACCinArl@aol.com

**Pleasant Street Congregational (UCC)**, 75 Pleasant St., 781-643-0553. Rev. Danny Román-Gloró, minister; Dr. Bernadette Colley, Director of Music. Worship and church school 10 a.m. on Sundays followed

immediately by Fellowship Hour. Adult education at 10 a.m. Wednesdays and 7:30 p.m. Thursdays. Infant and toddler care (5 and under) provided during worship and adult education meetings. Communion on first Sunday of each month. Choir rehearsals Sundays at 9 a.m. and 11:30 a.m. plus final Wednesday evening of each month. For more information: 781-643-0553 or www.PleasantStreetChurch.org

**EPISCOPAL**

**St. Anne, Episcopal, Bethany Convent, Chapel**: 18 Claremont Ave., 781-643-0921; Sunday Eucharist: 8 a.m.; Monday Eucharist: 5:30 p.m.; Daily Eucharist: 7:30 a.m. or 8 a.m. (please call). The chapel is always available for your private visits.

**St. John's Episcopal**, 74 Pleasant St., 781-648-4819; handicapped-accessible. The Rev. Dr. Ronald E. Ramsey, rector; Jeanne Danton; Director of Christian Education; Robert Nobel, Minister of Music. Church school offers Godly Play at 10 a.m. Worship service 8 a.m. HE Rite I and 10 a.m. HE Rite II. Morning Prayer Rite II offered on second Sunday of the month.

**Church of Our Saviour**, 21 Marathon St., The Rev. Linda Fisher Privitera, Rector; 781-648-5962. Sunday, 8 a.m., Holy Eucharist Rite I; 10 a.m., Rite II with healing services on last Sunday of each month. Children's church school, nursery care and choir are available at 10 a.m. service. Youth and adult education classes ongoing. Church is on MBTA #77 bus line with stop being one block before Marathon St. in Ea. Arlington. Arlington Food

Pantry is housed in basement of church. Inquiries can be directed to 646-1000, ext. 4513.

**EVANGELICAL**

**Covenant Church**, Park and Westminster Avenues, Arlington, 781-646-9027. Brian Emmet, pastor. Worship service Sunday 10 a.m. with Sunday School for children and adults from 9 to 9:45 a.m. Child care provided.

**Countryside Bible Chapel**, 480 Lowell Street, Lexington, Jed N. Snyder, Pastor. 781-862-7513 office; (781) 862-4483 fax; www.Countryside.BibleChapel.org. Sunday: 9 a.m., Communion; 10 a.m., Sunday School for all ages; 11 a.m. Praise and Preaching Service; Noon, refreshments; 6 p.m. Youth Meeting. Weekdays: Bible studies; Care/Prayer Groups. Fridays: 6:30 p.m., AWANA (children through sixth grade).

**EVANGELICAL COVENANT**

**Trinity Covenant Church**, 7 Clematis Road, Lexington. 781-861-0780. Rev. Paul Sparman, Interim Pastor. Sunday school for all ages, 9:45 a.m.; Worship services, 10:45 a.m.. Nursery and child care available. Web site: trinitycovenant.home.att.net.

**FRIENDS**

**Quaker Group in Arlington**, a group of Quakers who live in Arlington, members and attendees of Cambridge Friends Meeting, are holding twice-monthly gatherings in their homes. For information contact Mary Gilbert at 781-646-3760.

**GREEK ORTHODOX**

**St. Athanasius Greek Orthodox Church**, 735 Mass Ave., 781-646-0705, Rev. Dr. Nicholas M. Kastanas, Presbyter. Sunday Divine Liturgy: 10 a.m. to 11:30 a.m. Sunday Orthros Service 8:45 a.m. to 10 a.m. Sunday Catechetical Church School: 10 a.m.; Weekday Services Orthros 8 a.m.; Divine Liturgy 9 a.m. to 10 a.m.

**LUTHERAN**

**St. Paul Evangelical Lutheran Church**, 979 Concord Turnpike (end of Hillsdale Avenue) Arlington, 781-646-7773. Pastors: Rev. Ross Goodman and the Rev. Susan Henry; Vicar: Keith Anderson. Worship service 9:15 a.m. Nursery care and children's church are available. Web site: www.stpaularlington.org.

**PRESBYTERIAN**

**Presbyterian Church**, 335 Cambridge St., Burlington. 781-272-9190. Rev. Roderick A. MacDonald. Wheelchair ramp available. Sunday, July 6, 9:30 a.m. Joint worship for all with the United Church of Christ, Congregational, at the Presbyterian Church. Children's activity and infant care available. Coffee hour following worship.

**ROMAN CATHOLIC**

**St. James Church**, 22 Appleton St., 781-643-0636. Rev. Francis E. Daley. Mass schedule: Monday-Saturday, 9 a.m. in Rectory Chapel. Sunday vigil Saturday at 4:30, 9:30, 11:30 a.m. Sacrament of Penance, Saturday 3:45.

**Immaculate Conception**, 45

Alewife Brook Parkway, Cambridge, 617-547-3455; fax 617-354-8052. Parish Secretary, Christine Schultz. Rev. Alexander J. Keenan, pastor. Saturday Mass, 4 p.m.; Sunday Mass: 8:30, 10:30 a.m. Daily Mass 8 a.m., Monday through Friday. Confession, Saturday, 3 p.m.

**St. Agnes**, 24 Medford St., 781-648-0220. Rev. Brian M. Flattley. Saturday Mass, 4:15 p.m.; Sunday Mass: 7, 8, 9, 10:30 a.m., noon, 5 p.m.

**St. Jerome**, 201 Lake St., 781-648-2506. Rev. Joseph P. Fratic. Saturday Vigil Mass: 4 p.m.; Sunday Mass: 8 and 11 a.m. Daily Mass: 9 a.m., Monday through Saturday. Confessions Saturday, 3 p.m. Web site: <http://www.stjerome.net>.

**St. Paul**, 1175 Concord Turnpike, 781-643-3132. Rev. James E. O'Leary, Pastor. Saturday Mass, 4:30 p.m.; Sunday Mass: 9 and 11 a.m. Weekday Mass: 9 a.m. Confessions: 4 p.m. Saturday and seasonally.

**St. Eulalia**, 50 Ridge St., Winchester, 781-729-8220. Rev. Victor LaVoie. Saturday vigil at 4 p.m. Sunday Mass, 9 and 11 a.m. and 5 p.m. Daily Mass Monday-Friday, 9 a.m. Sacrament of Reconciliation Saturday, 3 to 3:45 p.m. Holy Days, 5:30 p.m. on the vigil and 9 a.m. and 7 p.m. on the feast.

**St. Peter**, 1175 Concord Turnpike, 781-643-3132. Rev. James E. O'Leary, Pastor. Saturday Mass, 4:30 p.m.; Sunday Mass: 9 and 11 a.m. Weekday Mass: 9 a.m. Confessions: 4 p.m. Saturday and seasonally.

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## RELIGION NOTES

**Nursery school accepts students**

In September, Payson Park Nursery School will begin its 15th year of operation. Janet Coleman, director, is now registering students and meeting with parents who wish to know about the program.

The Payson Park Nursery School offers a pre-school program that provides a comfortable transition from home to school. Children are encouraged to develop as individuals and also as part of a group, through structured times to learn concepts and unstructured times to grove.

The nursery school is located in Payson Park Church at 365 Belmont St., Belmont. A music specialist comes once a week, and visitors come to the school to present wildlife and other special programs to the children.

The hours are 8:30 to 11:45 a.m., with an extended day available to 1 p.m. (and possibly to 2:30 p.m. if there is enough demand).

Call the church at 617-484-1542 for more information.

**Church offers program for kids**

This year, Payson Park Church is bubbling with excitement, as they will be

diving deep into the Super Cool Undersea Bible Adventure (SCUBA) for their Vacation Bible School Program.

On this adventure, kids won't find any boring reminders of school work. The SCUBA program will provide fun, memorable Bible-learning activities taking kids even deeper into their faith.

Each day kids will sing catchy songs, play teamwork building games, nibble tasty treats, experience electrifying Bible adventures and create Bible Point crafts they'll take home and play with all summer long. The Mission Project Offering this year will again be the Belmont Food Pantry. Daily donations of canned/dry goods will be collected.

The SCUBA is staffed by trained, dedicated and caring volunteer teachers assisted by teen-age youths, all under the leadership of Cindy Lou Benson, director of Christian Education at Payson Park Church.

SCUBA will be held from 9 a.m. to noon each day, starting on Tuesday, June 24 and will continue through Friday, June 27. Tuition is \$20 per child, with a family maximum of \$50. Financial assistance is available upon request and consideration.

The registration deadline of Monday, June 9 helps with planning and ordering supplies, so register early. Children in the community from age 4 and up are wel-

come and invited to participate. Those 11 years and older can be counselors/helpers. Speak with Cindy Lou or call the church at 617-484-1542 or e-mail cedirector@payson-park.org.

The church is located across from the Oakley Country Club at 365 Belmont St., Belmont.

**Group meets weekly**

The Kabbalah Group of Arlington meets weekly for study and meditation.

Chris Demers, the group leader, teaches the Toledano tradition, a line of Kabbalah teachings she received from Z'ev ben Shimon Halevi, master kabbalist, author, and speaker. The Toledano school of Kabbalah traces its roots to medieval Spain where, in the city of Toledo, the flowing streams of spirit and intellect from Jewish, Christian, Muhammadan, and Greek traditions converged to lend the best of each to all.

The Toledano school is noted for its method of ascending and descending the "Tree of Life." The Tree of Life is an ancient symbol for the both God and Man and by studying and understanding its meaning and wisdom, the student realizes the same insights within him or herself.

For more about the Toledano school of Kabbalah

visit the Web site at <http://www.kabbalahsociety.org> or e-mail Chris at chrisdemers@starband.net for more information about the Kabbalah Group.

**Schooling offered at temples**

The Lexington B'Yachad Program, a collaboration between Temple Emunah (Conservative) and Temple Isaiah (Reform) in Lexington, offers religious school programming for children with special needs, as well as support to their families. Students who are unable to participate in a regular classroom setting are served in self-contained classes at both temples. The program also helps students with special needs learn alongside their peers in an inclusion model.

While the inclusion model is open only to Temple Isaiah and Temple Emunah members, the self-contained classes are open to all families in the Greater Boston area, whether or not they are affiliated with any synagogue.

There are openings in the self-contained class at Temple Isaiah, located at 55 Lincoln St. It is not too early to call for the next school year. For more information, call Suzanne Gelber, the B'Yachad Special Needs Coordinator at Temple Isaiah, 781-862-7160.

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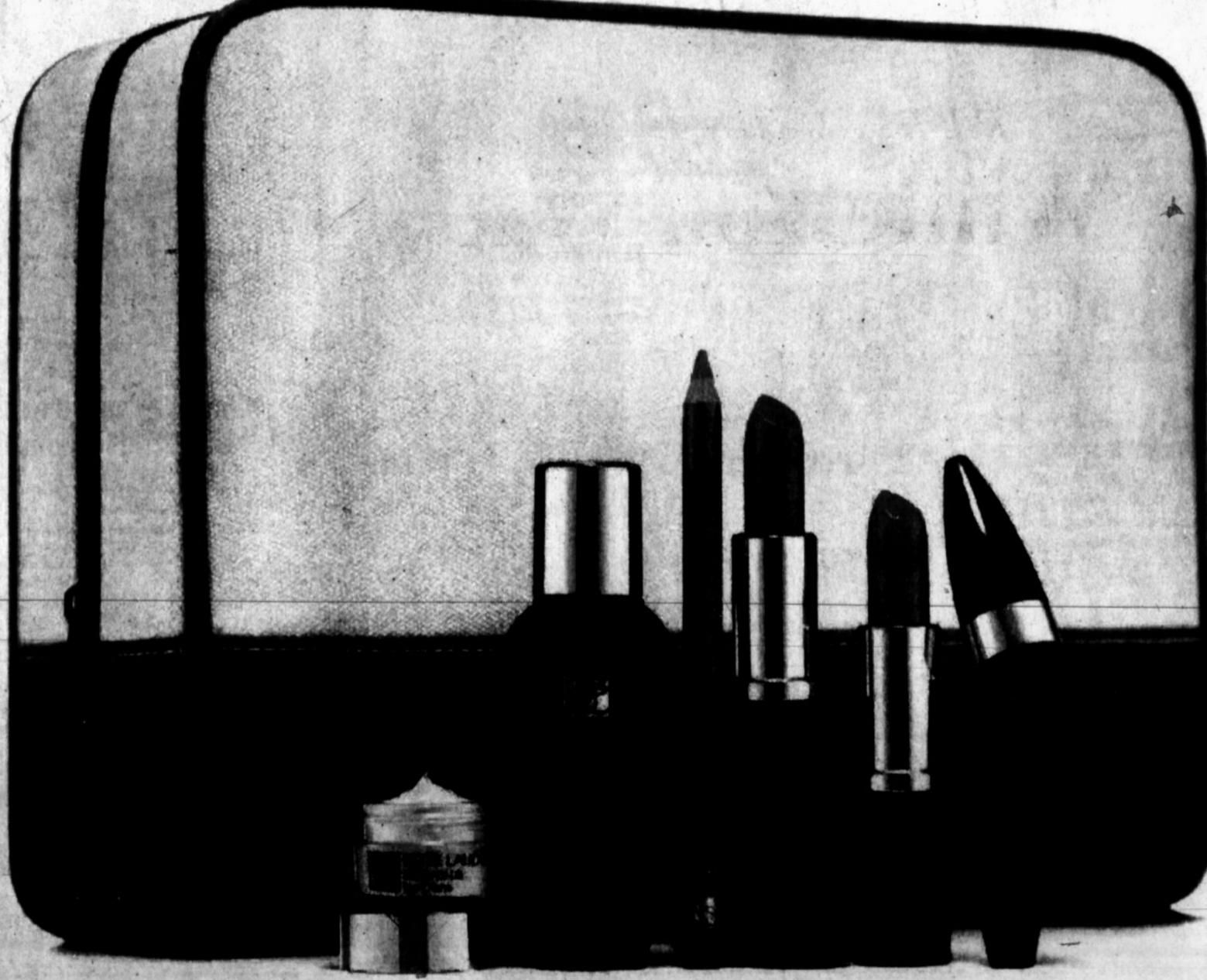
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Eric Dawson, 6, of Arlington, crawls out of a smoke-filled hallway during a fire drill which took place at the Great Safety Adventure last week.

## Stop, drop and roll for safety

BY ANDREW GREEN  
CNC CORRESPONDENT

Kids in Lexington and Arlington took part in an unusual safety lesson last week, as they were visited by The Great Safety Adventure, which is "basically a field trip on wheels," according to Tour Manager Nicola Crim.

The group of four safety instructors is touring the east

coast with two semi-tractor trucks that transform into a 1,200-square-foot animated home, that is known as Rover's house. Rover is the safety hound who works with the instructors to teach the children how to avoid these dangers. The children go through four different areas of Rover's house - kitchen, backyard, bathroom, and bedroom - with the instructors, pointing out all potential safety hazards.

In each room, the instructor will ask the children to shine flashlights, that they have been provided with, upon the various hazards that they see. The instructors hold a control panel that makes the hazard go away once the children point it out. Upon identifying the potential problem, the children are taught to alert a grownup rather than attempt to right the situation themselves. The instructors provide the children with a rhyme to help them remember what to do in case of a hazard — "Code Red Rover, Grownup Come Over."

The first room that the children experience in Rover's house is the kitchen. They sit on the floor and point out all the hazards they observe, ranging from the hot stove to chemicals in the cupboards. They do not move on to the next room until they point out everything that could potentially be dangerous and talk about the problems that hazard could cause. Then, the children watch a brief video about kitchen safety before moving onto the backyard.

In the backyard stage, the children watch a video that details safety tips for when they are playing outside. They then move onto the bathroom, where medicine can be seen on the counter and in the open cabinet. They also identify a plugged-in hair dryer as a potential problem. The instructors teach the kids to turn on some cold water first when washing their hands so as to prevent the possibility of getting burned.

The final room that the children explore is the bedroom. They are taught the importance of smoke detectors and told to make sure that their parents change the batteries once a year. As they leave the bedroom, the kids notice smoke coming down from the ceiling; they drop below the smoke and crawl out of Rover's house, where they are greeted with stickers that recognize them as "safety rangers." The children are also given activity books in which they are encouraged to draw up an escape plan with two potential exits in case of a fire.

"Fire safety is the most important lesson," said Crim. "The kids really enjoy learning about it, and we have parents go through it as well. They also actually learn a lot."

The Great Safety Adventure is a nonprofit organization presented by the Home Safety Council. Lowe's serves as the sponsor. It has been running for about five years, touring schools, camps, and anywhere else that has a lot of children. The target age group is between 5 and 8 years old.

"We travel all over for just about the entire year," said Crim. "You really have to like being around kids in doing this, and that is true about the four of us. As long as we effect at least one child, then it's working."

For more information, visit [www.codederover.org](http://www.codederover.org).

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# Minuteman trail sees visitors

BY HELENE NEWBERG  
CORRESPONDENT

Regular users of the Minuteman Commuter Bikeway were joined last Saturday by a delegation from the international TrailLink 2003 conference.

The conference, sponsored by the Rails to Trails Conservancy, was held in Providence, R.I. Participants were taken to sites across eastern Massachusetts and Rhode Island for an afternoon of mobile workshops. Renting bikes at the Bikeway Source in Bedford, the workshop was hosted by presenters in all three bikeway towns: Bedford, Arlington, and Lexington.

Organizer Jack Johnson, chairman of the Arlington Bicycle Advisory Committee, described the route as challenging to plan in terms of content and timing; following the bike path itself was easy.

"We will start in Bedford, at the new Bedford Depot park which is still under construction. It will be a gateway for visitors with a parking lot, remodeled visitor center, benches and public lighting, and bathrooms as opposed to porta-johns. Rail Trail advocates will be interested to see a live improvement project ten years after the path was built," he said.

"A lot of people became involved with the Minuteman Bikeway not because of the bicycling but because of the railroad history," he added. At the Lexington Battle Green, the presentation was to focus on Colonial history.

Alewife Station, the last of the tour stops, featured a brief talk by trail organizer Bryce Nesbitt, who shared a vision of developing and linking 85 miles of interconnected trails in the Boston area.

"The interconnectedness makes the trails a transportation solution," he said.

Participants from both sides of the rail trail movement: community activists

and municipal planners came from all over the world to check out the Minuteman. Conference participants wore shirts advertising trails in Montana, Maryland, Chicago, Detroit, Cochituate, and Rochester, N.Y.

Jack Plunk, a transportation planner from Jacksonville, Alabama, said "the conference is valuable as a learning and networking opportunity." Plunk said he chose to ride the Minuteman trail because of its historical significance.

Trail organizer Todd Edelman, born in California, came to the conference with others working in Prague, Czechoslovakia to develop urban biking trails.

"In Prague, there's a lot of support for bike racing though recreational biking is slowly catching on," said Edelman.

Seeing the Minuteman trail in action, one of the busiest in the country, is the rail trail's best advertisement. Said Nesbitt, "Having the Minuteman is the best way to promote the emerging Somerville Community Path."

On the Jefferson Cutter House lawn in Arlington, Interim Town Manager Nancy Galkowski honored Alan McLennen, Jr., a man Johnson refers to as "the father of the Minuteman Bike Path," on the eve of his retirement.

In testament to the sometimes decades-long project cycle facing rail trail planners, Galkowski cited McLennen's 17 years of work "cajoling and nudging of the business community," Galkowski read a proclamation signed by all 15 selectmen from Bedford, Lexington, and Arlington. The bike path wouldn't have happened "without the leadership and tenacity and diligence of Alan McLennen," she read.

McLennen, Donald Marquis, and several others including Tom Fortmann of Lexington and Cathy Buckley,

who some call the "mother of the bikeway," of the Central Transportation Planning office, worked with the MBTA, B & M Railroad Corporation, the Interstate Commerce Commission, Rails to Trails, the Executive Office of Transportation and Construction and the Mass Highway Department to bring the now 10-year-old trail to reality.

Also in Arlington, Johnson detailed some trail improvements laid in over the last few years.

"When the path was repaved with a grant from a company laying fiber-optic Internet cable, tree root guards were placed and the path itself was paved at a slant instead of the previous slope, helping with better drainage," he explained. Heavy path use led to the installation of signs asking users to keep right, he added. The town Department of Public Works maintains the trail and helps control vegetation. Bicycle and trail committees "in all three towns communicate and work together to solve problems as they come up," said Johnson.

McLennen, also a conference presenter, debuted a film about the trail's development on the bus ride from Providence. Three days from retirement last Saturday laughed as he acknowledged the tour could be thought of as something of a victory lap.

"Enjoy the day; go tell everyone else what this place is like," he told the assembled ride participants.

# Tile project reflects Peirce pride

BY KRISTINE MCCAFFREY  
SPECIAL TO THE ADVOCATE

American flags, school buses, books, and self portraits are just some of the pictures that make up the Peirce School title project, which was recently installed in the school's lower lobby. The tile project, more like a quilt of memories, is the new pride and joy of Peirce School.

Principal, Dr. Marilyn Flaherty's tile, a red heart with the words "I Love Peirce School" sums up what the entire project is about.

"All of the students and teachers in the building," said Flaherty, "decorated one tile to be included in the final installation."

Flaherty explained that the entire project, consisting of 300 tiles, is about school community, inside jokes with teachers and students, and history. There are several patriotic tiles as well as ones with twin towers painted on them. "The project," stated Flaherty, "goes along perfectly with our school motto; 'Peirce School, children forever.'

Jean Camp, a Peirce parent, spearheaded the project by getting a grant from the Arlington Education Enrichment Fund. The tiles were also a fund-raiser for those non-

students and teachers who wanted to participate in the project. Camp's idea was a way to dedicate the building and to stimulate other projects in the future.

The tile project, which looks like one massive piece, is really four pieces which uses special clips to hang each tile. Each piece can be removed from the wall without destroying the wall or its tiles.

"This way," said Flaherty, "it is not lost, just moved." The project was made removable so that the lower lobby space can be reused by another group of students, in the future, for a new or different project.

The project, which took five hours to install, couldn't have been possible without the entire Peirce community getting involved. Lisa Sullivan, active PTO member, was described as a watchdog by those involved in the project.

"She made sure the project didn't stop," said Chris Lockery, a parent and architect, who helped with gathering a consensus about location and the hanging of the project.

Sharon Stafford, a graphic designer, helped with producing presentation packages about the project and Matthew Fischer, a licensed



COURTESY PHOTO

builder directed the installation.

Lockery credits many for the finished project, including custodians who helped match paint colors and who were available in the building at all times to help out.

"This project is a very good example if a community project where it involves all levels of the town; from the Permanent Town Building Committee and School Committee, the Peirce School Administration, right down to individual teachers, parents and kids."

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**Listing Agents - Gayle Kiely & Ellie Maskell**

ARLINGTON - 8 room, 3 bedroom, 2.5 bath classic center entrance Colonial in Jason Heights location! Immaculate condition, exquisite period details, built-in China cabinet, formal dining room, front to back living room, 2 car garage, 2 fireplaces, lovely yard with sprinkler system, alarm and much more!

(781) 643-6228

\$669,000



**Listing Agent - Mary Mangan**

ARLINGTON - New Construction! Victorian style Townhouses. Three levels of wonderful living area. Has the luxuries, amenities and space of a single family!

(781) 648-6500

\$655,000



**Listing Agent - Bill Janovitz**

ARLINGTON - Centrally located 2 Family set back from the street on a sunny lot. Upper unit features 3+ BRs & 2 full baths on 2 renovated floors. Modern kitchen, replacement windows & updated systems. Lower unit has 1 bedroom.

(781) 862-2600

\$555,000



**Listing Agents - Judith Conley & Lynne Lowenstein**

ARLINGTON - Unique 8 room waterview Condominium with remarkable interior/exterior detail and charm. From the lush lawn, spacious layout, screened porch, fireplace living room, gracious foyer...this truly is a one-of-a-kind property.

(781) 643-6228

\$549,000



**Listing Agent - Marjie Fitzpatrick**

ARLINGTON - Distinctive Jason Heights Victorian Condo combines elegance w/modern amenities. Ornamental mantel, period columns & large windows. Dining room w/exquisite leaded glass China cabinet, gourmet kitchen w/granite counters. Original detail, high ceilings and beautifully restored wood floors and a short walk to Mass Ave!

(781) 643-6228

\$525,000



**Listing Agent - Christine McCarthy**

ARLINGTON - Mint Multi-level home on corner lot in Dallin location! 8 room, 3 bedroom, hardwood floors, heated porch, 1 car garage. Must see!

(781) 863-0321

\$454,900



**Listing Agent - Pat White**

ARLINGTON - Contemporary 7 room, 3-4 bedroom home. Fireplace, 1.5 bath, security system, many updates.

(781) 648-6500

\$449,900



**Listing Agents - Carole Falcone & Mark Lesses**

ARLINGTON - Well maintained 3 bedroom home features oversized fireplace living room, spacious dining room, eat-in-kitchen, first floor family room, finished attic, 3-season porch and more!

(781) 648-6500

\$439,900



**Listing Agent - Mary Mangan**

ARLINGTON - East Arlington! Interior decor designed! All new kitchen, newly painted, hardwood floors, alarm system, sprinkler system and more!

(781) 648-6500

\$389,000

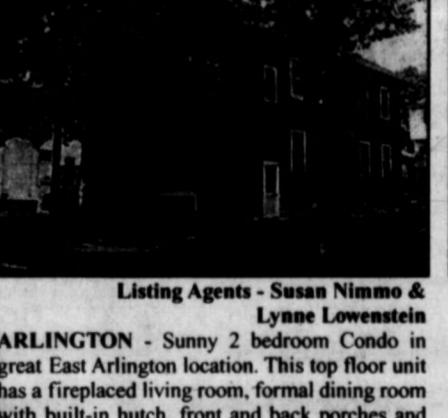


**Listing Agent - Joanne Lutz**

ARLINGTON - Lovely and spacious 3-4 bedroom Condo in Brackett area. Updated kitchen, many plantings. A great home! Won't last!

(781) 648-6500

\$375,000

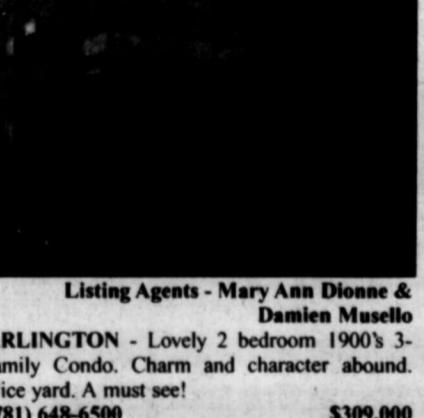


**Listing Agents - Susan Nimmo & Lynne Lowenstein**

ARLINGTON - Sunny 2 bedroom Condo in great East Arlington location. This top floor unit has a fireplace living room, formal dining room with built-in hutch, front and back porches and off-street parking for 2 cars.

(781) 643-6228

\$310,000



**Listing Agents - Mary Ann Dionne & Damien Musello**

ARLINGTON - Lovely 2 bedroom 1900's 3-family Condo. Charm and character abound. Nice yard. A must see!

## The Arlington Advocate

## Comment

The Birthplace  
of "Uncle Sam"

Samuel  
Wilson

## EDITORIAL

## Signs symbol of process

**P**olitical lawn signs are not loved by many in town.

In fact, it has been an unwritten rule that Arlington candidates do not erect lawn signs, though there have been exceptions, including Sue Sheffler who ran for School Committee earlier this year and Rick Arena, who ran twice against state Rep. Jim Marzilli.

Though decried by some, lawn signs sprouted up during the recent Proposition 2 1/2 override campaign. Both sides took advantage of the free advertising.

Some residents find the signs unsightly, but we disagree.

The Advocate believes campaign lawn signs show a productive, healthy political process. It also introduces Arlington's youngest to the political process and the civic duty to vote.

We hope those who oppose lawn signs will not stifle political speech by besmirching them, but instead welcome them as a piece of political discourse.

## Letters to the editor policy

Do you have an opinion about a story you read? Do you disagree or agree with an editorial or another letter writer? Are you pleased or displeased about something?

If you answered yes to any of these questions, let your voice be heard and write a letter to the editor.

To be published, here is a quick idea of what we want:

- A signature, your street address and either a daytime phone number, home phone number, or both. We will not print the information — only your name, street name, and title (where applicable). We will not print anonymous letters.

- Letters should be limited to 400 words.

- We reserve the right to edit for space, clarity, and civility. The Advo-

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- If we receive multiple letters on the same subject, we may run a sampling of opinion.

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- Letters must be dropped off at the Advocate drop box —Community Safety Building lobby, 112 Mystic St. — by noon Monday or delivered by 5 p.m. Monday to the office at 9 Meriam St., Lexington 02420.

- Readers can also fax their letters to 781-674-7735 by 5 p.m. Monday.

- E-mail is also an option at arlington@cnc.com by 5 p.m. Monday.



THE 10,000 COMMANDMENTS

## Rethinking Arlington's economy

**S**hock waves of the recent override defeat are rippling through Arlington.

While some rejoice, others lament. The June 15th Coalition is doing neither — wisely taking the long view that the town's budget needs deep rethinking.

I'd like to offer some ideas about town revenues and expenditures that may seem heretical to various constituencies in Arlington. While I do not claim any special fiscal expertise, during the five years I've lived in Arlington, I've observed what I believe are disturbing trends that do little to lead to a balanced budget.

First, regarding revenues: I have the impression that an anti-development ethic has blocked or delayed new businesses from opening and generating taxes for the town. Too often, it seems a red flag instead of a welcome mat is put out when a store wants to set up shop.

I'll start with an obvious example, the empty lot at Massachusetts Avenue and Mill Street. Why was there a fight waged against Osco Drug opening there? To counter the objections about additional auto traffic coming to the store, I'd like to offer a different sort of traffic-oriented perspective.

How about the car trips that would have been cut down by people being able to walk, bicycle, or take a bus to the store? How about increasing retail variety here so more shopping is done in town, rather than driving elsewhere?

OK, a bias revelation: I don't drive, but instead bicycle and take buses. And I would greatly appreciate a store like Osco to supplement the merchandise available at Walgreens and CVS.

Those who object to how Osco would look at the Mass. Ave. site so close to a historic district should ask themselves whether the ugly vacant lot for all of these years has been a plus for anyone's aesthetic sensibilities — let alone people's fiscal sensibilities. The town could have been collecting taxes all this time.

Another example: McDonald's in the Heights, which has also been stymied.

I never eat at McDonald's if I can help it, yet I know that it's not only popular with teens, but also those of lower incomes. Are we only catering to citizens who can afford the upscale Edwardian Tea Room across the street?

## Other Building Sites

One project that finally did go through after years of jumping through the town's hoops is the new Hawthorn Suites hotel at Alewife Brook Parkway and Mass. Ave.

I live close by and when I went in a few days ago to book rooms for an upcoming family reunion, I was thrilled to see what a beautiful facility it is. This is such a plus for both the neighborhood and the town. I understand it generates hundreds of thousands of dollars annually in revenues for us.

Finally, I'll point to the Symmes Hospital site as one that ought to be seen as a great revenue-generator. The neighborhood may have to look reality in the eye and choose between bearing

## Guest Columnist

GLORIA J. LEITNER

more traffic and enduring cuts in public safety, education, and libraries. Life is full of choices.

We should be doing more to court development that will help Arlington rather than automatically throwing up NIMBY (not in my backyard) objections.

Perhaps some objections to specific projects have validity; I don't know all the details of every project mentioned. But overall I think vocal constituents have been allowed to throw obstacles in the way of new revenue-producing businesses.

Another potentially lucrative avenue to generate additional funds is through fines for violations of the law. Traffic violations are not uncommon. Those who commit infractions, such as parking in pedestrian crosswalks on

where they could bring their small children to listen to stories and to meet other mothers. In essence, the town is subsidizing a place to socialize.

Sorry to sound so cynical, but I can't see why this is such a priority for a town that has to cut police and teacher positions. After all, the Robbins Library is not that far from East Arlington. Could the Fox site be turned into a money-generating facility?

How about this sacred cow — the "creative" courses offered at the schools. At the risk of enraging parents (and school children), I question whether it would be a travesty to cut high school subjects like film/communications and grade school classes in Spanish and playing an instrument.

As wonderful as they may be, they're far from essential. I grew up in the New York City public school system where we had few if any of these frills.

"Back to basics" may sound old-fashioned, but so be it. Reading specialists (which tragically are on the chopping block) strike me as much more crucial to the core mission of teaching literacy.

Perhaps parents have gotten so used to the ultra-high quality of private school education in the Boston area that they feel entitled to something similar in public school. In an ideal world of ever-flowing money, who would object?

But the reality is that expectations may have to be lowered when it comes to the icing on the school cake. The nourishment of the mind through the acquisition of basic skills and knowledge ought to be the schools' number-one priority; all other extras need to be reconsidered in these tight fiscal times.

Those parents who want more and can afford more should provide private music lessons or extracurricular activities to round out their children's education. For example, I took piano lessons at my mother's expense, not the school's.

Small class sizes fall into a similar category, in my mind, of desirable but not absolutely necessary for a good education. In my grade school and high school, it was not unusual to have 35 students per class.

In fact, my high school was so overcrowded — 5,000 students — we were on "triple session" (three staggered starting times during the day). But teachers were dedicated and students knew it was their job to work hard and learn.

If parents want to keep the status quo in the schools with small classes and lots of extras, they might follow a recent suggestion that parents contribute the new \$400 child tax credit toward the nonprofit organization Arlington Partners in Education.

Of course the ultimate solution to Arlington's budget woes must come from the state and federal levels. With a Republican governor, however, state fiscal relief will be an uphill battle. And with a Republican president slashing tax rates and the economy in a slump, there's no national knight in shining armor to come to our rescue.

We have to start searching for new ways for Arlington to operate. The old assumptions just won't do.

Gloria J. Leitner is a Marathon Street resident.

## HOW TO REACH US

## MAIN NUMBER:

Phone: 781-674-7726

## NEWSROOM:

If you have a news story idea, a letter to the editor, obituary, a question about news or photo coverage, or to submit an arts, education or a social news item, contact:

Les Masterson  
EDITOR

Phone: 781-674-7726

Fax: 781-674-7735

E-mail: arlington@cnc.com

## Drop box location

Community Safety Building lobby,  
112 Mystic St.

## For calendar information:

**Elizabeth Sembower**  
CALENDAR EDITOR

Phone: 978-371-5753

Fax: 978-371-5220

E-mail: arlington.events@cnc.com

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To advertise:

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Phone: 1-800-624-7355, ext. 7967

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## For sports coverage:

Doug Hastings  
SPORTS EDITOR

Phone: 978-371-5739

Fax: 978-371-5212

E-mail: arlington.sports@cnc.com

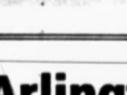
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## The Arlington Advocate

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## Comments on letter, column

Two items caught my eye in the June 19 Advocate. One was Aram Hollman's letter, scolding registered voters for not participating in our most recent local election ("Concerned about voter turnout"). The other was the guest column by Michael Nakagawa about proposed construction in the Alewife area ("Concerns about Alewife project").

The first thought I had after reading Aram's letter concerned the 48 percent of registered voters who did not vote in the recent override election. The question that occurred to me was, "Why don't we ask them why?"

I can't count the number of times I've seen supporters of democracy attempt to criticize, cajole, invite, and downright hound registered voters to go to the polls and vote. And yet it is so seldom that we actually go to these people and try to find out why they didn't vote. We just assume laziness, apathy, or some other personal fault. I happen to think the puzzle is more complex than that.

Perhaps one clue lies in the story told by Michael in his

guest column.

It seems we never get to vote directly for some of the things most important to us. In his column, I take it that neighborhood security, health, and peace are some of these important things.

The situation in the Alewife area represents, to me, a terrible failure of government to represent the people who will be most impacted by decisions made there. Oh, one can argue about municipal boundaries (Cambridge, Belmont, and Arlington all "have a piece" of the area in question), the complexity of issues we face when it comes to "development," the lack of regional planning, or various other details, but the sum total of it is citizens feel shut out and hopeless when it comes to the decisions that will most affect them.

If registered voters end up feeling that government is too complex, too corrupt, too manipulative, too ineffective, too poorly organized to face the issues at hand, then of course some of them will view the few opportunities we do have to vote as a sham, something to be avoided simply because if they participate, it will only be pretending to

have a say when in fact they don't feel they have much of a say at all.

Better to stay away because it's the only way to say "I give up; you're going to do what you want, anyway, so don't pretend to ask me."

I voted in the last election and I will continue to vote in the future.

And I do not seek to make excuses for anyone. But unless we find better ways to deal with the increasing complexity of the decisions we face and include the public more effectively in those decisions, we are clearly dealing democracy blows from which it won't soon recover.

Glenn Koenig  
Hopkins Road

## Fund-raising the correct plan

For all of you who claim "it takes a village" well, you are correct. Please keep in mind the village includes the elderly and middle class as well as children.

The woman who has suggested that each of the "yes" people contribute toward the \$3 million deficit for the schools is also correct ("Bridge gap another way,"

letter to the editor, June 19 Advocate); however, one has to realize some of those votes were by young adults who were recent voters and probably can't afford that much money.

I was going to suggest the very same thing until I realized that some could not afford it. I like the idea of the nonprofit committee running a fund-raising campaign. I voted "no," but I am definitely contributing to the school fund to help raise the \$3 million. This is a more responsible way, in my opinion, to raise funds and that is the reason I was not in favor of the override.

This is truly a "together for Arlington" effort. If there are others who voted "no" and can afford to send some money to defray the cost, then everyone should be happy with the outcome.

If this can be done for the next three years, it would not be necessary to ever have an override for this purpose, our schools would be funded, and we would not be overburdened for years to come by high taxes.

This is a rally and I say, "Go for it!"

Janice A. Weber  
Crescent Hill Avenue

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## Concerned about STEP's demise

After 40 years, school administrators made the decision to eliminate STEP, Arlington High School's alternative program, from the course of studies.

I am hopeful that the administration is developing a new alternative to educate those who need a supportive educational experience.

This would certainly be in line with the philosophy of the Arlington Schools.

John P. Lennon  
Waltham

## Wearing helmet can prevent brain injury

### MayInstitute

Shaping Futures Changing Lives.

tion problems, difficulty in reasoning and problem solving

• Behavioral: impulsiveness, aggression, decline in social skills

• Physical: impairment or changes in vision, hearing, coordination, balance, and muscle tone

According to Pace, children should be given instruction on street safety at an early age ("stop, look, and listen before you cross the street") and be required to wear properly-fitted helmets during many sporting and recreational activities, including:

• Riding bicycles, tricycles, scooters, and skateboards, and while rollerblading, skiing, and snowboarding;

• Playing football, baseball, hockey, soccer, and other impact sports

"Small children riding as passengers in trailers or bicycle seats should also wear helmets," said Pace. "Riders should use trails and other designated areas for biking and avoid busy streets. In addition, children who are passengers in automobiles should be in car seats or seat belts, depending upon their age and weight. Children under 12 years of age and/or weighing less than 100 pounds should ride in the back seat of a motor vehicle."

The May Institute offers early intervention services, home-and school-based consultation, parent information, and federally-funded research.

• Cognitive: memory loss, organizational difficulties, speech and/or communica-

## Sun exposure comes with risks

We have a lot to tell you this month...

Sunday, Aug. 10 is Arms Around Arlington Family Day and we plan an old fashioned picnic, with three-legged races, hot dogs, ice cream, and & BYOB: bring your own blanket. So, those touched by cancer, please plan to bring your family, kids, grandchildren, or special friend.

We will be at the Whittemore-Robbins House, rain or shine, behind the Robbins Library, from 1 to 4 p.m. Please RSVP to the new numbers listed below to let us know how many you plan to bring.

Also, save this date: Saturday, Jan. 24 for the second annual Arms Around Arlington fund-raiser —with Nelson's Las Vegas Review (Elvis may come).

Summer is coming and with summer comes the sun... we hope. It is a time to be aware of the risks of sun exposure. One suggestion would be to gather all of your family and check each other for any signs of sun damage. Get to know your own body and your family members, so you know what changes, what is new.

Some signs to look for: any skin color changes, the shape of a mole you have always had or a new mole or growth, bleeding from a mole and anything that you have never seen before. A trip to the dermatologist to be sure will ease your mind and your families too.

Melanoma is one of three kinds of skin cancers, and carries the highest risk for mortality. Estimates are that

melanoma will be diagnosed in about 54,000 people and will account for 7,500 deaths this year.

SKINmed (a dermatological journal) is quoted as saying "It is well known that surgical excision of a cutaneous melanoma in an early growth phase almost invariably carries an excellent prognosis."

Advanced melanoma does have options. Chemotherapy with dacarbazine remains the drug of choice for advanced melanoma.

Arms Around Arlington  
316-9412

### Survivor story

Holly Herring was not a sun worshipper, but spent summers at tennis camp as a child, playing the sport without a hat, at noon, still a common practice. This mother of two was 38 years old when she went for a checkup for flushed face (rosacea) and the dermatologist decided to take biopsies on a few of the moles on her leg.

"They were really small and dark (the size of a broken tip of a pencil), but they didn't worry me a bit... I was really mad when she cut into me and made me wait three weeks for the results. I then had to get the mole on my thigh excised," she said.

"They went back in and took a 5 mm margin and dug right down to the muscle layer. All in all they took out almost the same shape and size of a small egg. I was lucky that was all they needed to do because the melanoma was 'in situ.' Since then, they check me every six months and have taken at least eight more biopsies.

Melanoma is one of three kinds of skin cancers, and carries the highest risk for mortality. Estimates are that

melanoma will be diagnosed in about 54,000 people and will account for 7,500 deaths this year.

Holly worries about her kids and all kids.

"I don't trust sunscreen. They put on a thin layer and then they are out all day, sweating or in the water."

Holly showed the latest technology in clothing — "sunscreen clothes" — that are safe, comfortable, light, quick-drying, and are simple to find on-line. Call The Center or write to Holly on the Arms Around Arlington E-mail list.

### We are moving

All groups of Arms Around Arlington, The Center for Cancer Support & Education will be relocating to the former Symmes Hospital for now.

We will meet on the fourth floor, first right off the elevator, in the Alice Pugh Cancer Support Group Room currently used for the Breast Cancer Support Group of Lahey-Arlington. We will be reachable on our cell phones for now, listed at the end of this column.

We are in need of a new space. We are grateful to the Council On Aging for their gracious sponsorship for the last year, but now we must move on. We hope that anyone with ideas for a new home for The Center will give us a call.

To contact Arms Around Arlington, The Center for Cancer Support & Education, contact Co-directors Mary Lewis Sheehan, RN, CS or Nancy O'Connell, medical research librarian, at 781-608-6063 or e-mail maryleucaya73@hotmail.com or neolucaya@attbi.com. All services are free. Donations gratefully accepted.

## ATTENTION READERS AND ADVERTISERS:

Due to the upcoming Independence Day Weekend, many of our classified deadlines will be advanced one-day prior. Please call your sales representative for specific deadline information.

Community Classifieds 1-800-624-7355

Our classified department will be closed on Friday, July 4 and will reopen at 8:00 a.m. Monday, July 7.

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all trash and recyclables normally collected on Friday will be collected on Saturday.

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## REAL ESTATE TODAY

by Robert Bowes, CRB, CRS

### IT WAS A VERY GOOD YEAR

The housing industry closed the books on 2002 on another record-breaking year. Reported sales of pre-owned homes totalled 5.56 million last year, which topped the previous record of 5.30 million in 2001. In addition, the government reported that the U.S. homeownership rate jumped 0.3% in the fourth quarter of 2002 to an all-time high of 68.3%. The Department of Housing and Urban Development attributed the rise to a sharp increase in the number of minority homebuyers. The minority homeownership rate rose by 0.8% in 2002 to 49.9%. Surely, this shows that the prevailing environment of low interest rates has brought the American dream of homeownership to reality for nearly everyone who wants to own a home.

Like all good things, the current low mortgage rates are unlikely to last. If there's a possibility of homeownership in your future, it would be wise to explore that option now. Your real estate professional will help you to determine how much you can realistically afford and possibly guide you to special programs available only for first-time buyers. If you would like additional information on this subject, call BOWES/PENNELL & THOMPSON GMAC REAL ESTATE at (781) 648-3500. We are located at 1010 Massachusetts Avenue, Arlington.

PS: The U.S. Commerce Department reported that new home sales totalled 976,000 for all or 2002, compared with 908,000 during 2001.

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